

# Don't be a hoarder. Don't over-order.



**Unused prescription medicines cost the NHS in Northern, Eastern and Western Devon £5.5million every year.**

The same amount could pay for 1,000 hip replacements or almost 11,000 cataract operations.\*

\*Estimated figures

## How can you help your local NHS tackle the problem of medicine waste?

- Discuss your medicines with your GP or pharmacist on a regular basis;
- Let your GP or pharmacist know if you are having difficulty with any of your medicines, have stopped taking any, or take less than instructed;
- Check what medicines you have at home before re-ordering your prescription;
- If you don't need the medicine, don't order it. If you need the medicine in the future you can still request it. This includes medicines that are prescribed to be used as and when required;
- If your pharmacy or anyone else orders your medicines, let them know if there are any you don't need;
- If your medicines run out at different times, ask your GP to make them available for collection at the same time;
- If you need to go into hospital, take all your medicines with you.

**Unwanted medicines that are returned to the pharmacy are destroyed. They cannot be re-used for other patients.**

### Remember

- Check your medicines before you leave the pharmacy;
- Medicines should not be used after their expiry date;
- Unwanted or out of date medicines should be returned to a pharmacy for safe disposal;
- Your medicines are prescribed for you. It is not safe to share them with anyone else.